

# Assisted Living Residence Weekly Telegraph

**November 18<sup>th</sup> – November 24<sup>th</sup>**









**The Nottingham Channel 1340**  
A publication for Residents and Employees

- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays









Shannon Loughlin, Director of Life Enrichment  
Sarah Bogacz, Recreation Specialist  
Kaileigh Roy, Recreation Specialist

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## MONDAY, November 18<sup>th</sup>, 2024

|          |   |  |
|----------|---|--|
| 8:00 AM  |    | Breakfast  |
| 10:00 AM |    | Exercise with Kaileigh in the Community Room                           |
| 10:30 AM |    | Balloon Baseball with Kaileigh in the Community Room                   |
| 12:00 PM |    | Lunch  |
| 2:00 PM  |    | BINGO! With Kaileigh in the Community Room                             |
| 3:00 PM  |   | <u>Musical Performance with Jillissa Vellake in the Community Room</u> |
| 5:00 PM  |  | Dinner   |
| 7:00 PM  |  | Reminiscing with Sarah in the Sun Room                                 |










## TUESDAY, November 19<sup>th</sup>, 2024

|          |   |  |
|----------|---|--|
| 8:00 AM  |    | Breakfast  |
| 10:00 AM |    | Exercise with Sarah in the Community Room  |
| 11:00 AM |    | <b><u>Lunch Outing: The Retreat</u></b><br>Meet Kaileigh in the Community Room at 10:45  |
| 12:00 PM |    | Lunch  |
| 1:30 PM  |    | Ecumenical Services in the IL TV Meeting Room  |
| 3:00 PM  |   | Name that Rock 'n' Roll Song with Sarah in the Community Room  |
| 5:00 PM  |  | Dinner   |
| 7:15 PM  |  | <b>Musical Performance by Jason Jeffers in the T.V. Room</b><br>A piano and vocal covers performance. Meet Kaileigh in the Community Room. |










## WEDNESDAY, November 20<sup>th</sup>, 2024

|          |   |  |
|----------|---|--|
| 8:00 AM  |    | Breakfast  |
| 10:00 AM |    | <u>Mindful Movement with Emily in the Community Room</u>   |
| 10:30 AM |    | Monthly Health and Wellness Education Presentation with Nicole Veltri-Petrosino PT, DPT of Select Rehab in the Community Room. This month's topic: Assessing Fall Risk and applying it to your home and the holidays   |
| 12:00 PM |    | Lunch  |
| 1:30 PM  |  | <p>Erie Canal Presentation in the IL TV Meeting Room Derrick Pratt, Director of Education and Public Programming at the Erie Canal Museum, presents <i>A Cartoon is worth a Thousand Words</i> in the T.V. Room</p> <p>Political cartoons were a popular visual medium that could quickly and easily tell a story, influence political careers, gather a national movement, or ostracize a people. Thomas Nast was one of the most influential political cartoonists of the post-Civil War era, publishing mainly in the well-circulated Harper's Weekly. For better or for worse, political cartoons were used to influence the American people for almost 100 years. Learn more about Thomas Nast and the influential political cartoonists of the post-Civil War era.</p> <p>Meet Sarah in the Community Room at 2:45</p> |
| 2:00 PM  |  | <p><u>Bridge Club in RHCF</u></p> <p>Must independently attend</p>   |
| 3:00 PM  |  | <p><u>Happy Hour with Jillissa Vellake in the IL Club House</u></p> <p>Meet Sarah in the Community Room at 2:45</p>  |
| 5:00 PM  |  | Dinner   |

## THURSDAY, November 21<sup>st</sup>, 2024

|                      |   |   |
|----------------------|---|---|
| 8:00 AM              |    | Breakfast   |
| 10:00 AM             |    | Exercise with Sarah in the Community Room   |
| 10:30 AM             |    | Mini Crossword Puzzles with Sarah in the Community Room   |
| 12:00 PM             |    | <b>November Birthday Luncheon</b><br>November Babies! Join Us in IL Clubhouse for a Special Birthday Lunch! Meet Sarah at 11:45 |
| 12:00 PM             |    | Lunch   |
| 1:30 PM              |   | <u>Looming with Tina &amp; Judy in the Arts &amp; Crafts Room</u>   |
| 2:30 PM              |  | Corn Hole with Sarah in the Sun Room  |
| 3:00 PM -<br>7:00 PM |  | <b>Club House is Open-</b> Enjoy specialty drinks & Clubhouse menu<br>Must Attend Independently                                 |
| 5:00 PM              |  | Dinner  |

## FRIDAY, November 22<sup>nd</sup>, 2024

|                      |   |   |
|----------------------|---|---|
| 8:00 AM              |    | Breakfast   |
| 10:00 AM             |    | Exercise with Sarah in the Community Room   |
| 10:30 AM             |    | Family Feud with Sarah in the Community Room  |
| 12:00 PM             |    | Lunch   |
| 1:00 PM              |    | Prayer Group with Betsy in the Arts & Crafts Room   |
| 2:00 PM              |   | Knock Out with Sarah in the Community Room  |
| 3:00 PM              |  | Who Wants to be a Millionaire with Sarah in the Community Room                                  |
| 3:00 PM -<br>7:00 PM |  | <b>Club House is Open-</b> Enjoy specialty drinks & Clubhouse menu<br>Must Attend Independently |
| 5:00 PM              |  | Dinner  |

## SATURDAY, November 23<sup>rd</sup>, 2024

|          |   |   |
|----------|---|---|
| 8:00 AM  |  | Breakfast   |
| 9:45 AM  |  | Exercise with Kaileigh in the Community Room  |
| 10:15 AM |  | 15 Minute Trivia with Kaileigh in the Community Room  |
| 12:00 PM |  | Lunch   |
| 12:00 PM |  | S.U. Men's Basketball: S.U. vs UConn on ACC channel 388<br>Residents may watch together in the Community Room |
| 1:30 PM  |  | Let's Make a Nice and Easy Dr. Pepper Cake with Kaileigh in the Arts & Crafts Room                            |
| 5:00 PM  |  | Dinner  |

## SUNDAY, November 24<sup>th</sup>, 2024

|          |   |   |
|----------|---|---|
| 8:00 AM  |  | Breakfast   |
| 9:45 AM  |  | Exercise with Kaileigh in the Community Room  |
| 10:30 AM |  | <u>Sunday Service with Deacon Ralph in the Community Room</u>                                   |
| 11:00 AM |  | <u>Service with Catholic Diocese Priests in IL TV Meeting Room</u><br>Must Attend Independently |
| 12:00 PM |  | Lunch   |
| 1:30 PM  |  | Sampling Out Dr. Pepper Cake with Kaileigh in the Community Room                                |
| 2:30 PM  |  | Movie Matinee in the Community Room   |
| 5:00 PM  |  | Dinner  |
| 6:00 PM  |  | News Hour in the Community Room   |